



## HIGHLIGHTS:

### WHAT YOU DO MATTERS

- **Caroline Newkirk shares her experience at MRC Federal Deployment Training.**

### REGION I & II SUMMIT WAS A SUCCESS

- **Article page 3.**

### MARK YOUR CALENDAR

- **CPR Trainings Dec 3 and 17th**
- **January Kick-Off and Recognition Dinner will be Thursday January 20th at 5:00 pm. Location TBA.**

**PULSE is a publication of the Greater Sullivan County Public Health Region, serving 15 municipalities in Merrimack and Sullivan counties. View us on the web at [www.sullivancountynh.gov/publichealth](http://www.sullivancountynh.gov/publichealth)**

## Reflections from Federal Deployment Training

Sullivan County: Medical Reserve Corps member Caroline Newkirk was selected to attend the Federal Deployment Training in Washington D.C. this August. The training was developed and delivered by the U.S. Office of the Surgeon General, Office of the Civilian Volunteer Medical Reserve Corps and the Centers for Disease Control and Prevention (CDC) / Office of Terrorism Preparedness and Response. It is quite an honor to be selected, as Caroline was one of very few in the United States who got to go. Caroline brings to the MRC a rich background in nursing and emergency management.. Below she writes about her experience:

Article by Caroline Newkirk

**I was proud** to have been selected to participate in the Federal Deployment Training. The training provided a teamwork-oriented, all-hazards approach, to prepare us for the broadest possible

range of contingencies in the event of deployment outside of our local MRC jurisdiction to a large scale disaster.

There were 29 MRC students from all over the US, including 2 from Hawaii! Along with presentations, the days were enriched with first hand accounts and lessons learned from people who had roles in disasters all over the world. The week began with informative discussions on the realities of deployment, including living conditions, mental health issues, and even exactly how to pack our bags. We learned the structure of the government agencies and the chain of command. Procedures related to how a federal deployment fits in with local and state resources, as well as other responding agencies were discussed.

After deployment rotations were explained, we visited the Hubert Humphrey Building, home of the U.S. Dept of Health and Human

## “What you do matters.”

Services. There we had the privilege of meeting and talking with RADM David Rutstein, MD, MPH, acting Deputy Surgeon General. He stressed the individual importance of the MRC at the local, state and federal levels for the overall preparedness and resiliency of our nation. What you do matters, whether it be working at a community flu clinic or responding to a mass casualty terrorism event. It was here that we learned about the operations of Federal Medical Stations and the structure of a federal response to a disaster. A highlight was a tour of the Security Operations Center. Security being tight at this location is an understatement! Emergency Service Function 8 [ESF-8] and various deployment scenarios were discussed. (cont. page 2)

## CPR and First Aid Trainings Scheduled

Article by Jessica McAuliff

The region is fortunate to have a Federally recognized Medical Reserve Corps group who are trained and ready to respond. Keeping up with our credentials is an important part of our MRC membership. Two opportunities for CPR certification have been scheduled for our members, and

they are **FREE** of charge. The Director would like to thank the folks at New London Hospital for their partnership in offering the materials and space for the classes. The location is New London Hospital Weber Room, back parking lot at Door #12. Both courses will provide American Red Cross certifications.

1. Fri. Dec 3. 4:30—8:30 pm

**Adult & Child CPR/AED**

2. Fri. Dec 17. 10am—4:30 pm

**First Aid, and Adult & Child CPR/AED**

To RSVP, call

**Jessica at 398-2222 or email [mrc@sullivancountynh.gov](mailto:mrc@sullivancountynh.gov)**

“...It was difficult to say goodbye. In that brief week, we had bonded as a team. ...I highly recommend this experience to anyone who is seriously committed and able to deploy outside of our area.”

## SEEKING YOUR CONTRIBUTIONS

Don't forget to check the website for **CALENDAR** of upcoming events and meetings !



[www.sullivancountynh.gov/publichealth](http://www.sullivancountynh.gov/publichealth)

## (from page 1) Federal Deployment Training

Continued from page 1..

The remainder of the week was a course in the Principles of Public Health Emergency Management, developed and presented by the CDC. Mark Keim, MD is the Senior Science Advisor for the Office of the Director for the CDC. He started out with a detailed, science-oriented pre-test on natural, technological and hybrid disasters and mass casualty incident response. The days and evenings were spent together with our classmates—in the classroom, our meals, and even a movie related to the course. It was great to be absorbed in this experience with like minded folks.

After two days learning about tornadoes, floods, volcanoes, earthquakes, hurricanes and tsunamis, the training became more hands-on, as we experienced scenarios of technological disasters, hazmat hazards, pre-hospital management of contaminated patients, personal protective equipment and learned principles of toxicology.

The course included a final written examination! This was followed by preparation for a mass casualty simulated experience on the National Mall. The simulated plane crash provided many valuable hands-on lessons, and it was exciting to be right there in the middle of it all. Of course, scenarios

were injected to train us to quickly adapt to unforeseen situations, as happens in actual events.

After the final “hot wash”/debriefing, it was difficult to say goodbye. In that brief week, we had bonded as a team. We also met many people, with vast knowledge and experience, who are willing to serve as resources in the future. I highly recommend this experience to anyone who is seriously committed and able to deploy outside of our area. It all starts with ready-trained, willing and able local MRC Volunteers as valuable assets to our community, and beyond. - Caroline Newkirk, RN,, MRC Member Unit # 1558.

## Your Contributions, Please

### We need your public health news!

What's going on in your municipality? Submit your contribution to our new newsletter, “PULSE of The Region”!

We can't keep this up without your input.

### Feedback, Feedback!

How do you like the newsletter? Please let us know.

[phn@sullivancountynh.gov](mailto:phn@sullivancountynh.gov)

### Corrections?

If an error appears we will gladly make a correction.

[phn@sullivancountynh.gov](mailto:phn@sullivancountynh.gov)

### Jessica R. McAuliff

(603) 398-2222  
[phn@sullivancountynh.gov](mailto:phn@sullivancountynh.gov)

Check out the MRC on

### TWITTER!

[www.twitter.com/GSCMRC](https://www.twitter.com/GSCMRC)

## MARK YOUR CALENDARS!

### ANNUAL KICK OFF & RECOGNITION DINNER

Thursday January 20th 5:00 pm. (details forthcoming.)

**American Red Cross Adult and Child CPR/AED** Fri. Dec 3. 4:30—8:30 pm

**American Red Cross First Aid, and Adult & Child CPR/AED** Fri Dec 17 10 am—4:30 pm

CPR programs held at New London Hospital, WEBER Room, (enter door #12.)

## MRC Region I and II Summit Teaches Resiliency

Article by Jessica McAuliff

The MRC held its Region I and II Summit November 15 through 17, 2010 at the Gideon Putnam Hotel and Conference Center in Saratoga Springs, New York. The Summit Theme this year was RECOVERY. Assistant Surgeon General RADM Michael Milner, of US DHHS/ OPHS was among the openers of the conference. He stated that the purpose of the two-day Summit is to empower all of us, to discover what our communities really need and to enhance recovery plans so we become more resilient. He pointed out the importance of recovery.

"Who takes down the sandbags," he stated, is the question we should ask not during, but before we begin any response effort. He went on to explain what makes some responses especially effective. A good example is our H1N1 response.

### **"Who Takes Down the Sandbags?"**

RADM Milner was proud to announce that the Northeast region of the U.S. had the highest percentage of H1N1 and Influenza vaccinations in the country last sea-

son, according to Dr. Regina Benjamin, our Surgeon General. Locally, the H1N1 vaccination effort was a grand success as well - MRC volunteers helped to vaccinate over 3,000 people in Greater Sullivan County in a two-month span of time last year.

The MRC Regional Summit provided Unit Leaders and some MRC members with useful information and training. Overall the Summit was a grand success and attendees gained new tools and resources to bring back and use in our home region.

## STAY, LEAVE, CONNECT: Preparedness Workshops

Article by Jessica McAuliff

September was National Preparedness Month! The Greater Sullivan County MRC members hosted Family Emergency Preparedness Seminars in our region. The seminars taught participants how to develop a Plan and a Kit, if they needed to shelter themselves in their home, or leave the house

quickly in an emergency. The training was based on the State's "Ready NH" campaign, featuring instructions to STAY, or LEAVE and CONNECT with your family members in an emergency. The Sept 30th presentation was broadcast on CCTV, from the Claremont Savings Bank Community Room.

MRC members including Nancy Houghton took the presentation on the road. Nancy brought STAY LEAVE CONNECT to the Int'l Assn of Administrative Professionals at the River Valley Technical Center in Springfield, VT. She enjoyed presenting and thought it was well received. The MRC plans to continue this series of community workshops throughout the year.

**MRC members**

**like Nancy**

**Houghton,**

**took "STAY,**

**LEAVE,**

**CONNECT"**

**on the road !**

## A Token from the Assistant Surgeon General

During the three-day long Medical Reserve Corps Summit this November, our Greater Sullivan County MRC Unit Director was recognized for her unit leadership. RADM Michael Miler, Assistant Surgeon General, awarded Jessica McAuliff with a medal from the US Department of Health and Human Services. On one side of this coin-like token, is the seal of the United

States Surgeon General's office and RADM Milner's name., with US DHHS on the other side. The RADM recognized Jessica for her recent award as 2010 Runner Up recipient of the National Boulderson Award in Public Health Leadership. Later that day, Jessica presented a national webinar featuring the Greater Sullivan County MRC Unit's achievements.

The Boulderson Award is presented each year to a scholar of one of the National Public Health Leadership Institutes. Jessica is a 2010 scholar of the Northeast Public Health Leadership Institute, where she spent a year working and learning under several public health figures and mentors.

Congratulations.

If you would like to be removed from or added to, the mailing list of PULSE of the Region, please send a note to the originator, Jessica McAuliff at [phn@sullivancountynh.gov](mailto:phn@sullivancountynh.gov).